

ABSTRACT OF THE DISCLOSURE

A removable back support apparatus, for use with a multi-purpose weight lifting machine, having a substantially vertically disposed back rest. One or more transverse cross members are each fastened, near a respective horizontal center portion thereof, to the back rest by two respective rear face fasteners. At least one of the transverse cross members allows ready and removable attachment of the removable back support apparatus to the multi-purpose weight lifting machine without the use of hand tools.